



# AWC Active Aging

VOLUME VIII, ISSUE II

MARCH/APRIL 2015

## From the Director

Join us in celebrating our AWC volunteers during National Volunteer month this April! Next time you see someone wearing a volunteer nametag or one of our AWC Volunteer shirts, please take a moment to thank them for all that they do! We all greatly benefit from their service to us. They play a crucial role in our organization, and we literally could not do all that we do at the center without their help. Currently, the 100 plus volunteers help us at the front desk, in the AWC library, lounge, and garden on a daily basis. We also have volunteers that help us on a more occasional basis with

our larger events and fundraisers. Other volunteers give their time by teaching classes or seminars to fellow members, just to name a few areas. In 2014, we had over 6,300 volunteer hours recorded for the AWC. These hours generously given help our center keep our staffing costs low while still being able to provide excellent customer service to our members. We are

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### Friends of the AWC

Entry level: \$50 gift or more

**Jim Bryant, Mary Bryant, Sandra Cameron, Arthur Miller, Martha Prowell, Stephanie Spsychalski, B.T. Terrell, and 5 Anonymous donors**

Bronze Level: \$100 gift or more

**MJ & Nancy Cunningham, Mary & Ralph Kranich, Kathy Stanley, Delores Young, and 5 Anonymous donors**

Silver Level: \$200 gift or more

**One Anonymous donor**

Gold Level: \$300 gift or more

**One Anonymous donor**

Platinum Level: \$500 gift or more

**Larry & Jackie Helton**

\$1000 gift

**One Anonymous donor**

**Thanks to all of you who donated to our Friends of the AWC fundraiser!**

If you give \$50 above the regular membership fee, you are part of the Friends of the AWC.

**Thank you for all of your support for the center.**

We would also like to specifically thank our library volunteers for all their hard work on our last fundraiser. This January, we were able to raise \$2076 at the book sale for the AWC!

We would like to show our appreciation and thank all volunteers, whether you just started volunteering at the AWC or if you have volunteered for the center for years. Please join us for our **Hug a Volunteer Day on April 22nd** in the boardroom. Stop by for homemade treats and a thank you from our staff.

We would also like to thank all of our members that contributed to our **Friends of the AWC Fundraiser (see donors in the green box)**. We appreciate your generosity. This is an ongoing fundraiser where all of our members

always in need of additional hands. If one of these volunteer areas interest you or if you have another area that you would like to help, please contact Sahara at 631-3333 to become one of our valued volunteers.

**This Spring, we are celebrating and thanking our 2014 volunteers at our Annual AWC Volunteer Award Luncheon. This year's luncheon is generously sponsored by Apple Blossom Retirement Living Community.** Please watch for your invitation to this anticipated event and remember to RSVP with us.

have the opportunity to contribute when they join or renew their membership with the AWC. All donations made to the Adult Wellness Center are tax-deductible.

**We thank all of you for your contributions and for your ongoing support for the Adult Wellness Center!**



*Lesli Ossenfort, AWC Director*

## Exercise Your Brain

Want to keep your brain fit? Starting in March, the AWC is offering **Brain Fit**, a new 10-week course to help you learn to do just that! Designed by Dr. Suzanne Miltich of Learning Rx, this class will look at all the factors that contribute to your brain health including diet, physical exercise, social activity, emotional health, spiritual community, & meaningful work. This class will also focus on challenging your brain with activities to develop 'brain fitness.' You'll learn about how the brain works and practice exercises to strengthen memory, attention,

processing speed, and fluid intelligence. The class will utilize resources that include print and multi-media, and each week you'll go home with activities to challenge your brain. Also, as part of the class, you'll have the opportunity to purchase a book with activities for 'brain fitness' exercises at home. You'll also learn about resources to continue 'brain fitness' long after the class is over. Class starts **Thurs., March 12th** and will be held **Thursdays at 10:00 AM** in the AWC **Dining Room**. The class fee is \$79 for the ten sessions. Please register by March 6th.

## Learn Self-Defense

Are you interested in improving your balance, strength, and agility, while also learning to protect yourself? How about a self-defense class? Starting in March, members will have the opportunity to take a class here at the Wellness Center. Under the instruction of Blaine Jackson, of AR-Cane Weapons, members will learn the basics of self-defense, starting with acting with self-confidence so that attackers will think twice before trying to

victimize. Other skills such as learning to yell with force and how to attract attention will also be taught. Learning the correct way to fall is also an important skill that will be taught in this class. And this skill can also help protect you, not only in self defense situations, but if you happen to fall anytime! As the course continues, members will learn to protect themselves with their own body movements.

And finally toward the end of the course, items such as canes will be taught to be used for protection. This is quite an extensive class and students will learn many skills over the 8-session class. The first course will start **Thurs., March 5<sup>th</sup>** and will be held **Tuesdays and Thursdays at 10 AM**. The class will repeat again in April. The cost for the class is \$40 and all supplies are included. Space is limited!


## Alzheimer's Caregiver Workshop

Are you caring for a loved one with Alzheimer's disease or other dementias? You are not alone. In 2014, the Alzheimer's Association discovered that one in eight people over age 65 have Alzheimer's or dementia and one in three over age of 85 are afflicted with the disease. These numbers are staggering, and if you are one of the millions of people affected directly or through a family member, the information can be scary and overwhelming.


This April at the wellness center, Marilyn Hodgkin & Cari Kaufman of Home Instead Senior Care will co-teach a **free Alzheimer's Caregiver Workshop** using hands-on activities, video clips, and personal stories from other family caregivers. Cari, who is a traumatic brain injury survivor, shares from her unique perspective as a person with a brain disorder. Hearing her experiences provides family caregivers insight into caring for their loved ones. This free

workshop will be held **Tues., April 28th from 8:30 AM to 3:30 PM** in **Game Room A**. There will be an hour lunch break in the middle of the session. Participants are free to leave for lunch or bring your own and eat together. Please register before April 23rd. Home Instead also leads the **AWC Caregiver Support Group** on the **third Thursday of each month at 10:00 AM**. All caregivers are welcome!

## AWC Band Musicians Needed

Concert:   
April 29 - 3:00 PM  
Game Room A

If you are interested in participating, please contact Jenny

501-743-0872 or  
jme003@uark.edu 

Rehearsals will be  
Tuesdays at 11:00 AM

# AWC Wellness Fair



The AWC will host a Wellness Fair from 10:00AM—2:00 PM on Friday, April 10th.

The educational wing of the building will be closed on that

date to host this large scale event. We encourage all of our members to attend. The fair will have free admission. Door prizes will be announced and given throughout the event. All who attend can register for a chance to win a free month of classes at the AWC, and also for a \$150 gift certificate for the Pinnacle Hills Promenade Mall, among many other prizes. Healthy snacks can be enjoyed throughout the event.

Speakers will be held on the hour at 11:00, 12:00, and 1:00 to share a short health & wellness presentation. Vendors will include businesses and organizations that are fitness, health, nutrition, and senior providers. A variety of free health screenings will also be provided. Look for more information to follow and **remember to mark your calendars for this event!**

**AWC Wellness Fair**  
**April 10th**  
**10:00AM-2:00PM**



## What's Cookin'?



### Northwest Lunch & Learn

**Wednesday,  
March 11th  
12:00 PM**

**Dr. Ranga Balasekaran**  
will give tips for keeping  
your colon healthy.



### Mercy Lunch & Learn

**Wednesday,  
March 18th  
12:00 PM**

**Dr. Robert Wells** will  
discuss the importance of  
colon cancer  
screening.



### Northwest Lunch & Learn

**Wednesday,  
April 8th  
12:00 PM**

**Dr. Philip Cedeno** will  
discuss Healthy Living.



### Mercy Lunch & Learn

**Wednesday,  
April 29th  
12:00 PM**

**Dr. Nick Ogle** will present  
"Clearly I'm Over  
50...What's Next and  
What Can I Expect?"



## Uncapping Family Wisdom

Starting March 16th, AWC members will have a unique opportunity to participate in a 6-week program that could truly be life-changing. Dr. Sandra Pate, author of Uncapping Family Wisdom, will lead this program to help people change their family dynamics. As some people reflect in later life, it becomes apparent that an issue has been going on in their family line for several generations. Some may have wanted to make a change but

have never known how. This workshop is meant to help families who are ready to make positive changes in their relationships. What a wonderful gift to give your family, the gift of positive change and richer family relationships. This workshop is guided and utilizes Dr. Pate's study guide. Although family issues may be very personal, participants do not have to share their personal information with the class unless they want to do that. Participants are encouraged to

bring their lunch so that the class can enjoy mealtime together as the one hour program is administered each week. Dr. Pate is doing this program on a pro-bono basis. The only charges are a \$5 class fee for AWC and the \$22 supply fee for the Uncapping Family Wisdom study guide. Class will be held for **six consecutive Mondays at 12:00 PM starting March 16th**. Space is limited to 15. Please register by March 11th to reserve your spot.

HEALTHWAYS  
**SilverSneakers®**  
FITNESS

You may be eligible to have your AWC membership paid for by Silver Sneakers if you are:

#### **Medicare Eligible**

And have a qualifying insurance supplement from one of the following:

**AARP Medicare Supplement  
AR Blue Cross Blue Shield  
Coventry Health Care  
Humana**



## CITY OF ROGERS

### ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

[www.rogersarkansas.com/wellness\\_center](http://www.rogersarkansas.com/wellness_center)

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

**Active Aging to Enhance Quality of Life!**

**Check out the new  
Gymnasium schedule for  
additional basketball and  
pickleball hours!**

**Help us cut down on paper waste. Please  
keep the included calendars to refer to  
throughout March and April**

↓ **Check It Out** ↓

**Thank you**



**for sponsoring our  
Volunteer Luncheon!**

### Senior Games of NW Arkansas

**Be part of the AWC  
Sr. Games Team this year!**

Informational meeting:

**Wednesday, April 1st**

**10:00 AM - Game Room A**

Events will be held in Harrison, AR on  
Friday, May 1, 2015

**\$10 fee includes lunch, t-shirt, & goodie bag plus  
all the fun competition you want!**

*(see table in the lobby for more information)*



**Right:**

Learn about **Fly Fishing**  
with Sally Ann Brown  
2-day class

Wed., April 15th and 22nd  
9:00 AM-1:00 PM



**Left:**

Check out our **Pottery  
Class** and try out our new  
pottery wheel!  
**Mondays at 4:30 PM** with  
Instructor, Joseph Meyer

### **Make Your Own Banana Split**

**Friday, March 20th 1:00 PM  
AWC Dining Room**

Come hang out with us for a fun afternoon!  
Bring your favorite banana split topping to share.

